**SUBIC BAY ITU Competitive Coaching Course – Level 2**

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| **Day** | **Monday –January 30** | **Tuesday - January 31** | **Wednesday – February 01** | **Thursday – February 02** | **Friday – February 03** |
| 8:30 – 10:00 | INTRODUCTION+ETHICS Basics(Libby/Luc) | TRAINING(Long Term Athlete Development)(Sergio) | TEACHING AND LEARNING(Skill Acquisition,Communication)(Luc) | HEALTH AND HOLISTICSport Psychology(Libby) | SAFETY/RISK MANAGEMENT(Libby |
| 10:00-10:30 |  |  |  |  |  |
| 10:30 –` 12:00  | *PROFESSIONAL RESPONSIBILITIES**(Luc)* | PHYSIOLOGY*Performance analysis and assessment*(Sergio) | HEALTH AND HOLISTIC(Nutrition)(Sergio) | TRANSITIONSSkills and Drills(Sergio) | CASE STUDIES(Evaluation Sessions)(Libby/Luc) |
| 12:00 – 13:00 |  |  |  |  | (Evaluation Sessions) |
| 13:00 – 14:30 |  SWIM : 1Theory(Libby) | BIKE:1Theory(Luc) | RUN: 1Theory(Sergio) | PROGRAM PLANNING(Sergio) | CASE STUDIES(Evaluation Sessions)(Libby/Luc) |
| 14:30 – 16:00 | SWIM: 2Practical Swim Skills(Libby) | BIKE: 2Practical Bike Skills(Luc) | RUN: 2Practical Run Skills(Sergio) | PLANNINGWORKSHOP(Sergio) | CASE STUDIES(Evaluation Sessions)(Libby/Luc) |
| 16:00-16:30 |  |  |  |  |  |
| 16:30 -18:00 | SWIM: 3TRAINING DESIGNWORKSHOP (Libby + all staff) | BIKE: 3TRAINING DESIGNWORKSHOP (Luc + all staff) | RUN: 3TRAINING DESIGNWORKSHOP (Sergio + all staff) | *GROUP PRESENTATION PREPARATION TIME**(All staff as a resource)* | ***Course Closes*** |
| 18:00 |  |  |  |  |  |

**At the end of the ITU Level 2 Competitive Coaching Course coaches will be able to:**

* *Know and understand the physiological and psychological demands of triathlon on Junior and U23’s development*
* *Outline the technical demands of swimming, biking, and running*
* *Identify and explain required skills and drills related to Junior and U23’s development*
* *Apply skills and drills related to Junior and U23’s development*
* *Design training sessions for swimming, biking, and running*
* *Evaluate Junior and U23’s development and performance in swimming, biking, and running*